

# TEEN'S LIFTING ACADEMY

SMALL GROUP TRAINING WITH  
INDIVIDUALIZED COACHING TO HELP  
EVERY ATHLETE REACH THEIR FULL  
POTENTIAL.

SEE REAL RESULTS THAT CARRY OVER  
TO SPORT PERFORMANCE AND  
ENHANCED ATHLETICISM

AGES 13-18  
JUNE 15 - AUG 14  
T/TH 12:15-1:15PM  
8-WEEKS



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